Boost your wellbeing

Do more of what makes you happy

1. Be ambitious
   What do you love to do?
   Work out ways to do them whilst you are at sea

2. Plan ahead
   ...for your next voyage
   What do you need to take with you to do what you love at sea?

3. Enhance the effect
   Schedule activities in advance so you can look forward to them
   Savour the moment
   Keep it in mind later

Taken from Steps to Positive Mental Health: Good Mental Health Guide for Seafarers, part of ISWAN’s Seafarers’ Health Information Programme (SHIP)